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One man's incredible tale of survival

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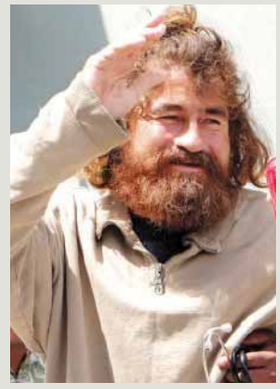

Nafesa Ahmed hands out roses with a note that reads "From a Muslim who loves and cares for all of humanity," attached to it in Nathan Philips Square.

MELISSA RENWICK/ TORSTAR NEWS SERVICE

TO FLOWER WITH LOVE

Muslim volunteers hand out 1,000 red roses

metroNEWS

Agencies gear up for refugees

SETTLEMENT

Local groups to help Syrian families navigate city's services

Gilbert Ngabo
Metro | Toronto

When the first wave of Syrian refugees land in Toronto this week, over 35 local organizations will be on hand to help them with everything from accessing health care to signing up for a library card.

To help new arrivals — and those sponsoring them — discover just what services are available, the city is hosting a series of information sessions featuring local settlement agencies.

The first is slated for Tuesday evening at City Hall. Access to children's services, employment and social services, education and ESL classes are among the topics to be discussed.

"Sponsors have always been in touch with agencies that provide information about the process of becoming a sponsor," said Vera Dodic, project manager for the Toronto Newcomer Office. "But they may not be as well aware of the settlement support that is available in Toronto."

Nearly 5,000 Syrian refugees are expected to arrive in Ontario by the end of the year. Private groups based in Toronto sponsored about 60 per cent of them.

Much of the heavy lifting is being done by NGOs like Lifeline Syria, COSTI Immigration Services, the Arab Community Centre of Toronto and Newcomer Women Services Toronto.

Dodic said the city is co-ordinating to ensure that refugees are received in the most hospitable way.

INFO SESSIONS

- Tuesday's session takes place at City Hall, 6–8 p.m.
- Another session will take place Thursday at 150 Borough Dr. in Scarborough, 8–9 p.m.
- For details visit lifelinesyria.ca.

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66% Spike In Recent Foreclosures Plus Aging Baby Boomers Downsizing Creating Discounted Property Frenzy In U.S.

New Real Estate Bonanza

Right now while you are reading this, hedge funds are buying U.S. property in mass. Foreign nationals are loading up on houses as fast as they can. Some savvy individuals are snapping up housing in the U.S. like never before.

In October, *Reuters* reported private investment firm Starwood Capital Group got in the game. They purchased 23,262 mid-rise and garden-style apartments for a whopping $5.37 billion. Other hedge funds are buying entire subdivisions under construction.

The Chinese are the number one overseas investors of U.S. real estate. Often they will buy 10 condos at once, sight unseen.

Does all this investment activity show the U.S. headed for another property bubble? The answer is no.

Demographics are driving demand for rental property to heights unseen in American history. *Bloomberg Business* says rents are only going higher.

The Millennials saddled with student debt, are choosing to rent. Others want to live in cities and avoid long commutes home ownership often demands.

One of the fastest growing demographic segments in the U.S. is those over age 65. Their downsizing activity is flooding the market with discounted property.

Foreclosures, Flips & Flowing Money

Foreclosures clogged in the U.S. courts are now surging. Those that know how are gaining windfalls of opportunity for flips or portfolio growth.

Yet individual investors are asking, "Can I still find good deals in U.S. property?" The answer is an emphatic YES.

Warren Buffet told CNBC he would buy a couple hundred thousand single family homes if he could.

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- New zero money down strategies! News to you no matter how many real estate seminars you may have attended!
- How to close property deals over the phone in 9 minutes or less

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metro NEWS

Your essential daily news

Food and Christmas gifts among first U.S. shipment to the International Space Station in months.

CHARITY

Clothing Drive gets new space

A Toronto-based project collecting donated clothes for Syrian refugees fleeing to Canada benefitted from a donation of their own on Friday.

The Clothing Drive was in danger of being left out in the cold after the temporary lease was up on a storage space the project had been using for the past two weeks, the Star reported on Thursday.

Luckily, the project wasn't without a location for long. Three GTA business partners — Paul Goldfischer, CEO of Solotex Corporation, and Vince Petrozza and Jawad Rathore, principals of Fortress Real Developments — donated one of their retail spaces to the project late Friday.

While move-in day was mostly comprised of tidying and beginning to sort and hang clothes, the project is searching for volunteers to help unload 450 bins currently in storage on Tuesday from 10 a.m. until 4 p.m.

TORSTAR NEWS SERVICE

IN BRIEF

Hundreds of people protest electronic cigarette law

A crowd gathered outside Queen's Park Saturday to protest a law that regulates electronic cigarettes. The Electronic Cigarette Act regulates where and how e-cigarettes can be sold and smoked, and it prevents "vape shops" from demonstrating how to use the devices. TORSTAR NEWS SERVICE

Sleeping with dinosaurs

EXHIBIT

ROM hosting overnight event for grown-ups

Jessica Smith Cross
Metro | Toronto

Answering to popular demand, the Royal Ontario Museum will soon be hosting its first adults-only "Dinos in the Dark" sleepover.

The ROM has been holding family sleepovers since 2008, where kids and their guardians bring sleeping bags and explore the Age of Dinosaurs exhibit at night, said Erin Kerr, a program co-ordinator at the ROM.

"Pretty much every time we run one, we get phone calls from adults who want to attend but, of course, if they don't have young ones, they can't," Kerr said.

"We've literally been turning away disappointed people since 2008."

So, on Jan. 15, the ROM will be hosting a sleepover just for grown-ups.

The museum will be open all night to adults.

They'll get access to the Age of Dinosaurs exhibit, a talk on dinosaurs, food, drinks and DJ sets.

After lights-out at 2 a.m., everyone will sleep on the floor and wake up to breakfast and an optional "dino-themed" yoga class in the morning. Tickets are $225.

The dinosaur exhibit is an interesting place at night and staff are excited to share the experience with a wider audience, Kerr said.

For the first time in its history, the Royal Ontario Museum is opening up its prehistoric slumber party to adults. LIZ BEDDALL/METRO

"It's quiet, and dark, and kind of creepy," she said. "You get the sense that you're surrounded by these creatures in the dark."

Although the event is open only to adults, Kerr said attendees should feel free to flaunt their inner child.

"Adults are fascinated by dinosaurs the same way kids are," she said. "We expect it's going to be a sell-out."

> **Adults are fascinated by dinosaurs the same way kids are. We expect it's going to be a sell-out.** Erin Kerr

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MEDIA COVERAGE

Group seeks to change language

Jessica Smith Cross
Metro | Toronto

Referring to sexual assault as a "sex scandal." Saying a woman "confessed" to being raped. Using the word "allegedly" over and over again.

Those are examples of language that hurt survivors of sexual assault and cast doubt on what they've experienced, say the authors of a new guide on how to talk — and write — about sexual violence.

The Toronto-based femifesto team worked with survivors, journalists, lawyers and activists to create a guide for the media on how to cover sexual assault called Use the Right Words.

"We see high profile sexual violence cases in the media and being talked about, and that's fantastic and super important," said femifesto member Farrah Khan. "But language does matter and how we speak about sexual violence has a great impact on how survivors come through."

Femifesto member Shannon Giannitsopoulou said the guide can also be helpful for those who want to talk about sexual violence in their own circles. The group is encouraging people to use the #UseTheRightWords hashtag to share their thoughts on how sexual violence is discussed in our broader culture.

"It's a spark of a conversation," Giannitsopoulou said.

One of the biggest problems is using words that equate sexual assault with sex rather than violence, said Giannitsopoulou.

Another problematic term singled out in the report is "allegedly." The media use the word when a sexual assault hasn't been proven in court to protect their company, and even the victim, from legal action. It doesn't mean the allegation isn't true — but overusing that word can make it seem that way, Giannitsopoulou said.

Most importantly, both femifesto members said everyone should listen to survivors and use the words they use to describe themselves.

"I myself am a sexual violence survivor and I've been called a victim in articles, but I would never characterize myself as a victim; I'm a survivor," said Khan. "That's my personal journey, that's where I'm at, that's what I want to be called."

EXCERPTS FROM USE THE RIGHT WORDS

Don't default to the descriptor "victim" unless this is the wording an interviewee prefers. Many people feel "victim" has negative connotations.
Do respect the survivor's autonomy by using language of their choice. e.g. "sex work" versus "prostitution."
Don't use phrases like "the survivor admits/confesses" to describe a report of sexual assault. This language implies responsibility or shame on behalf of the survivor. Words like "confesses" also subtly frame an assault story as a salacious sexual encounter.
Do use language that frames sexual assault as violence, not sex — e.g. "rape" or "sexual assault."
Don't use euphemisms or gentle words to describe sexual violence. Euphemisms: "engaging in" or "sex scandal." Gentle language: "fondle" or "caress," "private parts."

Andrea Gunraj outside the METRAC offices. The anti-violence organization's new Safety Information System launches this week and will notify users about incidents of sexual assault in Toronto. TORSTAR NEWS SERVICE FILE

App aims to make city's streets safer

SEXUAL ASSAULT

System to share tools and resources

Gilbert Ngabo
Metro | Toronto

Anti-violence advocates in Toronto are hoping a new app will make the city's streets safer and spur a dialogue about preventing sexual assault.

The Metropolitan Action Committee on Violence Against Women and Children (METRAC) will launch its "Safety Information System" this Thursday. The mobile and web-based app will send users notifications about incidents of sexual violence across Toronto.

The SIS app will go live Thursday, coinciding with the closing of the 16 Days of Activism campaign against gender-based violence.

"Sexual violence is still a big problem in our society," said METRAC's program director Andrea Gunraj, citing statistics which show at least one in four women will experience sexual violence in her lifetime.

Gunraj said the concept for SIS originated from community meetings in Christie Pitts and Kensington Market after both neighbourhoods experienced a string of sex assaults in 2012.

"People would hear about incidents way after the fact, and it made them feel really disempowered," she said. "So we felt we could use technology to increase people's awareness of sexual violence issues."

Users of SIS will also have access to an array of information on how they can go from being bystanders to participants in the fight against sexual violence, said Gunraj.

"We look to stop things before they start. That's the core of our mandate," she said.

The system will keep users updated on community activism and educational events happening in the city, and help them share tools and resources.

People who sign up for SIS will also have an opportunity to create their own posters about gender-based violence, with METRAC staff vetting information to make sure it is appropriate, Gunraj said.

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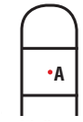

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Justice delayed in G20 case

POLICE

Sentencing for guilty officer put off until April 2016

Originally scheduled to begin this month, the sentencing hearing for Toronto police Supt. David (Mark) Fenton — the only high-ranking officer found guilty of misconduct for his actions during the notorious G20 summit — has been delayed until April 2016.

The setback means discussions about sentencing, never mind an actual decision, will start eight months after Fenton was found guilty of misconduct, more than a year after his much-delayed disciplinary hearing finally began, and close to six years since the summit itself led to public outrage about police behaviour.

The sentencing hearing has been put off because Fenton's lawyer, Peter Brauti, is currently representing Const. James Forcillo, the Toronto officer facing charges of second-degree murder and attempted murder in the July 2013 shooting death of Sammy Yatim. That trial is set to continue into 2016.

"(The delay) is pretty distressing, because this was obviously one of the most egregious things that has happened in policing in Toronto and in Canada," said Adrienne Lei, a Toronto lawyer who represented some complainants affected by Fenton's order to "kettle" hundreds of people during the G20.

Some legal experts say the Ontario government should consider writing time restrictions into the province's Police Services Act, which governs police tribunals. That legislation is currently under revision by Ontario's ministry of community safety and correctional services.

"You certainly do have the sense that there's no great desire by the police to proceed quickly on these things," said John Sewell, former Toronto mayor and head of the Toronto Police Accountability Coalition.

While Brauti wants to see the disciplinary hearings completed faster, he doesn't believe putting time limits on them will have an effect because few will be able to meet them.

Fenton was convicted in August on two counts of unlawful arrest and one count of discreditable conduct relating to two "kettling" incidents, including the hours-long containment of hundreds at Queen Street West and Spadina Avenue during a torrential downpour. TORSTAR NEWS SERVICE

June 26, 2010: G20 summit protesters clash with riot police in downtown Toronto. A sentencing hearing for the senior police officer charged in relation to mass arrests at the time has been delayed till April. DARREN CALABRESE/ THE CANADIAN PRESS

Supt. David (Mark) Fenton
TORSTAR NEWS SERVICE

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GOOD WORKS

'He died with the most beautiful smile'

Evan Leversage, the seven-year-old boy who brought Christmas to the community of St. George two months early, has died.

"I was holding him as he took one last deep breath and I knew at that very moment, that this would be his last," said his mother, Nicole Wellwood, in a news release Sunday. "He died with the most beautiful smile on his face … Evan will always be with me in my heart."

Evan, who battled brain cancer most of his life, made headlines internationally when homes and businesses in the Ontario town put their Christmas decorations up in October, after doctors told his family he was unlikely to live to Christmas and they should celebrate early.

What started as a simple request — asking neighbours to put up some lights for Evan — took over the whole town, and thousands came to St. George to celebrate with him during a Santa Claus parade.

Not quite two weeks after that Christmas miracle, Evan was moved to the Stedman Community Hospice in nearby Brantford, where the celebration continued. His room was decorated for the holidays and he was visited by friends, family and supporters.

Cards, messages of encouragement and well wishes poured in from around the world, and Wellwood said the kind words were a source of comfort and happiness to her son as his condition worsened.

Over the past week, Evan's health began to fail.

"They tell me your wings have grown and that anytime you will be flying away from here," his mom wrote in a Facebook post on Saturday. "I know we will always be together. I pray that one day we can find a cure so that another family can be spared this pain."

With that hope in mind, Evan's family founded Evan's Legacy, a fundraiser to collect money for childhood cancer research. TORSTAR NEWS SERVICE

Evan Leversage
THE CANADIAN PRESS

GTA NEWS

Multi-vehicle crash leaves two people dead

Two people have died following a multi-vehicle crash on the Queen Elizabeth Way in Hamilton, Ontario Provincial Police have confirmed.

The collision happened in the Niagara-bound lanes near Red Hill Valley Parkway just after 6 p.m.

Police Sgt. Kerry Schmidt said five vehicles, including one transport truck, were involved.

He said after four vehicles collided, a fifth went sideways, crossed into another lane and struck a transport truck.

The two victims — a man and a woman, travelling in the same vehicle — were pronounced dead at the scene. Two other people involved in the crash were taken to hospital with minor injuries.

"All remaining drivers have remained on scene and are cooperatively assisting with the investigation," Schmidt said. TORSTAR NEWS SERVICE

Man assaulted at Sherbourne station

A man has been taken to a local hospital with minor injuries after being assaulted on the eastbound subway platform of Sherbourne Station, according to police. It happened around 9 p.m., according to Staff Sgt. Murray of 51 Division.

Police previously reported the incident as a stabbing, but paramedics have since clarified that the injury was the result of "blunt force trauma." They still insist that it is minor.

The suspect is being described by police as a male in his 40s, five feet 10 inches tall, with long dreadlocks, a patchy beard, and a brown jacket. He reportedly fled the station. No arrests have been made. TORSTAR NEWS SERVICE

Robbery at knifepoint at Wellesley bus platform

A man was robbed at knifepoint on a bus platform at Wellesley Station on Saturday night, according to Toronto Police.

Around 9:45 p.m., a single male suspect is said to have robbed the male victim and proceeded to wave their knife around.

Transit officers arrived at the scene and arrested one man.

A knife has been recovered.

No one was injured during the course of the robbery. TORSTAR NEWS SERVICE

Poster-making padawans awaken their design skills

STAR WARS

Students take on challenge ahead of new movie's release

Colin McNeil
Metro | Toronto

No one ever said you had to visit a galaxy far, far away to see Star Wars in the classroom.

Just ask some of the Grade 9 students at Chaminade College School, an all-boys Catholic school in North York.

The teenage padawans in Anthony Perrotta's Introduction to Business class have been tasked with creating their own posters for the upcoming Star Wars film, The Force Awakens.

The challenge was to design and create authentic marketing posters that fit into the well-established Star Wars brand.

Everything from the use of fonts, colours, character choices, graphic placement and overall tone influenced the 28 student-made designs.

Although most in his class weren't yet born when Episode I hit theatres in 1999, Perrotta said there was an "uproar" of excitement from students when he proposed a Star Wars-themed assignment.

Student Gemner Sandoval told Metro he was "born loving Star Wars," and jumped at the chance to make a poster for the new film.

"I still feel like it's something that can take you to another place," he says of the Star Wars films.

"You feel special when you watch these type of movies."

So how does Photoshopping Han Solo onto a poster translate into business lessons learned?

Unlike other business courses, which deal mostly with theory, Perrotta's class takes a hands-on "be your own brand" approach, he said, meaning students create their own work, then promote it through social media.

His students aren't just working for a mark on paper, Perrotta said. They're working toward a real industry-standard product.

But posters aren't the only things coming out of hyperspace at Chaminade. Perrotta is working with the school's film club to shoot a documentary on the staying power of the franchise.

Meanwhile, the school's music program is busy turning their classroom into the Mos Eisley Cantina, practicing a medley of Star Wars tunes for their Christmas concert.

As for the finished posters, each one will be displayed for a day at the Yorkdale Mall Cineplex in May of 2016, where students' work will stand side-by-side with the real posters.

Perrotta is hoping moviegoers will have a hard time telling the difference.

Follow Colin McNeil on Twitter ww

Metro delves into the people, hype and love that make up Star Wars fandom.

> **I still feel like it's something that can take you to another place.**
> Gemner Sandoval

They may not be learning how to use the Force, but Grade 9 students at Chaminade College School in North York are sharpening their Photoshop skills by making their own posters for the new Star Wars film. LIZ BEDDALL/METRO

THE RESULTS

Introduction to Business student **Nicholas Gallina** describes the Star Wars poster 'look' as a "collage of different characters." His work mindfully combines old and new faces.

It didn't take much to sell the assignment to **Justin Alvarado**, a longtime Star Wars fan.
"Who can't love it?" he asks. "Who wouldn't think that's cool?"

Alvarado isn't the only diehard fan in the class. **Joao Guedes** says he's seen all six Star Wars films "at least 10 times" each.

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I SEE MARS DOG RESCUE FUNDRAISER Mars, a fostered puppy belonging to newly launched non-profit dog-rescue organization Dire Woofs, visits with Santa Claus at Wooftown Pet Store as part of a fundraiser on Sunday. Dire Woofs rescues and rehabilitates dogs at high risk of being euthanized, including Mars, who is looking to find her own home for the holidays. LIZ BEDDALL/METRO

PETS

Crabby kitty Tushy attracts new owner

With a new look, and a new attitude, Tushy the grumpy cat has found a new home.

The elderly cat from Toronto made headlines last week after his foster family penned an amusing adoption ad on Craigslist.

The ad, entitled "You do NOT want this cat," extolled Tushy's cantankerous personality and penchant for violence.

When Tushy first arrived at his home, David Seigel said the cat attacked anyone who came near him. However, the feline warmed up — if only a bit — after they cut bits of matted hair off of him and trimmed his ingrown claws.

Tushy's new look appears to have paid off. Seigel said the cat was adopted over the weekend. LUKE SIMCOE/METRO

*Based on a direct comparison of Meridian's featured Good To Grow High Interest Savings Account against the competition's posted rates for balances at $5,000 for the most comparable offering posted online on their respective websites, as of December 2, 2015. 1.50% interest is calculated on the closing daily balance and is paid monthly. The rate shown is on an annualized basis and is subject to change without notice. ™Trademarks of Meridian Credit Union Limited. 12/2015

Roses for kindness

Local psychiatrist Yusra Ahmad led the handout of 1,000 red roses to passersby in Nathan Phillips Square on Sunday, each with a note that read, 'From a Muslim who loves and cares for all of humanity.'

LIZ BEDDALL/METRO

"The principle behind this is simply being intentional in terms of the kindness that we do to each other."
Yusra Ahmad

"I just kept on smiling – it was really nice of them. I got the rose and read what it said, and just kept on smiling."
Renesia (right)

"I thought it was so cute. I thought it was such a good idea — we weren't expecting that to be the message on the rose."
Kerri (left)

"When I got this I was very happy, but when I read this message I became a bit worried and sad."
Jio Aihyeon (left)

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Kindergarten suspensions up

EDUCATION

Teachers' rep says cuts mean less help in classroom

The Toronto public school board's youngest students are being suspended at a skyrocketing rate that has jumped nearly 50 per cent over the past four years.

The surprising findings, drawn from recent safety reports from the Toronto District School Board (TDSB), show that, while suspension rates overall have gone down, students enrolled in kindergarten to Grade 3 are increasingly being sent home as punishment.

TDSB spokesman Ryan Bird said a principal's decision to suspend a student is a "last resort," used only after other remedial efforts have failed.

"The word 'suspension' may sound harsh, but this is essentially our version of a timeout, like people do with young kids at home," he told the Star.

Released annually, the TDSB Caring and Safe Schools Reports contain a comprehensive overview of student suspension and expulsion data logged throughout the school year. In 2014-15, 12 per cent of all suspensions were doled out to primary students. The figure was pegged at 6.7 per cent just three years prior.

The increase in junior and senior kindergarten suspensions in particular, Bird explained, could be due to the TDSB's transition to full-day kindergarten, a shift completed last year.

> It may seem strange saying it, but 3- or 4-year-olds in kindergarten can be violent to their peers or teachers.
> ETT President John Smith

Elementary Teachers of Toronto president John Smith said the report is yet another signal to Queen's Park that government cutbacks have left teachers ill-equipped to deal with the current classroom climate.

"Educational assistants are vital in special education programming because they provide one-to-one help, yet they have been cut so viciously over the years," he said.

Without this vital support, teachers face hazards alone in the classroom, Smith warned.

"It may seem strange saying it, but 3- or 4-year-olds in kindergarten can be violent to their peers or teachers," he said. "There have been cases of broken teeth, stabbings with pencils, pregnant teachers who are head-butted."

TORSTAR NEWS SERVICE

Humans of Toronto by K. Omar

We've been riding skateboards, looking for birds. I've actually contemplated the reasons why this is a hobby, but I don't know.

.....

Humans of Toronto is K. Omar's social photography project aimed at photographing and talking to people in the city. Selections from her work feature weekly in Metro. See more at Humans_of_Toronto on Instagram.

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GEORGE BROWN COLLEGE WOULD LIKE TO EXTEND A SINCERE THANK YOU TO THIS YEAR'S INDUSTRY JUDGES.

A motorist attempts to move his car in Halifax on March 18, 2015. Weather-related challenges will no doubt face many of the 25,000 Syrian refugees the federal government has committed to bring to Canada by early next year. THE CANADIAN PRESS FILE

It's a shock to arrive in winter: Refugees

WEATHER

Agencies collecting coats, gloves, hats, boots

It was a frigid February in 1985 when Getachew Woldeyesus arrived in Saskatchewan as a refugee.

The young man from Ethiopia stayed inside for two months.

"Because you don't know, is it slippery out there? Are you wearing the right shoes? It's freezing out there, so I was afraid to go out," Woldeyesus recalled in an interview with The Canadian Press.

Weather-related challenges will no doubt face many of the 25,000 Syrian refugees the federal government has committed to bring to Canada by early next year. Social agencies, church groups and private citizens across the country have been organizing donations of clothing with an emphasis on coats, gloves, hats and winter footwear.

Woldeyesus was 19 when he fled his home country in 1980 because of a civil war. He spent a few days in Sudan and a few years in Italy before finally being approved to resettle in Canada.

It was difficult to leave his family behind and make the dangerous journey.

When he finally got to Regina, Woldeyesus received support from the Regina Open Door Society. A volunteer mentor helped him get through the winter.

"The volunteer was more encouraging and he was more supportive. He was always with me and trying to show me how to dress properly for winter. Also, Open Door provided a lot of information so, using that, I was able slowly to go out," said Woldeyesus, who is now the society's manager of settlement and family services.

"The first winter was better. The second ... you started getting used to it. But of course it's shocking for the people to arrive in winter."

Ali Abukar agrees.

Abukar fled Somalia and lived in Egypt as a refugee before arriving in Canada in 2011. He lived in Ontario before moving to Saskatoon in the winter of 2013.

"I think what also made it very difficult for me was the wind chill," he said.

Abukar, who is now executive director at the Saskatoon Open Door Society, said sometimes refugees and immigrants don't know what clothes to wear in the winter.

"We bring nurses or people who can talk about the problems that people can get exposed to if they don't dress properly," said Abukar. THE CANADIAN PRESS

IN BRIEF

McKenna to serve as COP21 facilitator

Federal Environment Minister Catherine McKenna has been named to a group of 14 international ministers who will serve as facilitators of the COP21 climate conference in Paris. The group was created to assist French Foreign Affairs Minister Laurent Fabius, the conference's president. THE CANADIAN PRESS

Two Montreal men dead

Two Montreal men are dead and another is in critical condition after the railing of a third-floor apartment balcony gave way early Sunday morning. They fell about 10 metres.

THE CANADIAN PRESS

UNITED ARAB EMIRATES

Teen urges Liberals to help release dad

An Ontario teen is calling on the new Liberal government to secure the release of her father, who has been languishing in a United Arab Emirates prison without charge for more than a year.

Marwa Alaradi has written to Prime Minister Justin Trudeau and every MP on Parliament Hill asking for Canada to intervene in her family's ordeal.

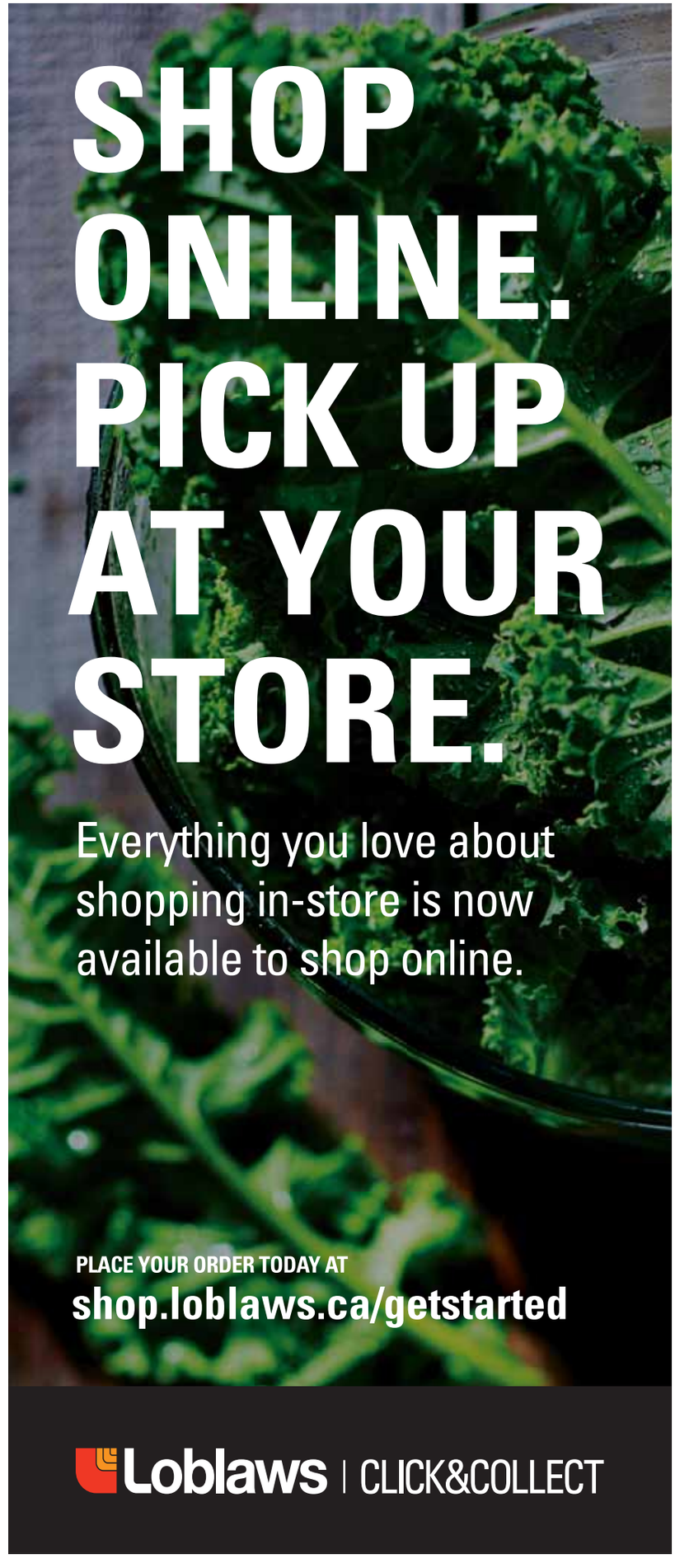
Salim Alaradi, a 46-year-old Canadian of Libyan origin who was running a business in Dubai, was abruptly detained without explanation in August last year.

His daughter now hopes an intervention from the federal government may help set her father free.

Alaradi was born in Libya and immigrated to Canada from the U.A.E. in 1998, living in Vancouver with his family. He decided to return to the U.A.E. in 2007 to run a home appliance business with his brother.

He and his family were on vacation in the U.A.E. when he was arrested. For two months his family didn't know if he was dead or alive. They then found out he was being held at an Abu Dhabi prison, though they have never been told why.

The family's communication with Alaradi has been limited and they have expressed concerns that he is being mistreated behind bars. THE CANADIAN PRESS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UNITED STATES

Obama vows to beat terror threat

In a rare Oval Office address, U.S. President Barack Obama vowed Sunday night the United States would overcome a new terror threat that seeks to "poison the minds" of people here and around the world, as he sought to reassure Americans shaken by recent attacks in Paris and California.

"I know that after so much war, many Americans are asking whether we are confronted by a cancer that has no immediate cure," he said, speaking from a lectern in his West Wing office. "The threat from terrorism is real, but we will overcome it."

Obama's 13-minute address is likely to leave his critics dissatisfied. He announced no significant shift in strategy and offered no new policy prescriptions for defeating the Islamic State of Iraq and the Levant (ISIL), underscoring both his confidence in his current approach and the lack of easy options for countering the extremist group.

He did call for a review of the visa waiver program for people seeking to come to the U.S. and said he would urge private companies and law enforcement leaders to work together to ensure potential attackers can't use technology to evade detection.

He also called on Congress to pass new authorization for military actions underway against ISIL in Iraq and Syria and to approve legislation to keep people on the "no-fly list" from buying guns.

Obama also reiterated his call for tightening gun laws, saying no matter how effective law enforcement and intelligence are, they can't identify every would-be shooter. He called it a matter of national security to prevent potential killers from getting guns.

THE ASSOCIATED PRESS

U.S. President Barack Obama THE ASSOCIATED PRESS

SYRIA

Airstrikes hit ISIL's de facto capital

Airstrikes hit several positions of the Islamic State of Iraq and the Levant (ISIL) in its de facto capital of Raqqa, Syria, on Sunday, killing and wounding at least 32 people, opposition activists and social media pages loyal to ISIL said.

A Raqqa-based activist group that reports on ISIL, known as Raqqa is Being Slaughtered Silently, said warplanes struck ISIL positions but had no word on casualties.

A Facebook page used by ISIL supporters said the airstrikes were carried out by Russian warplanes while the Britain-based Syrian Observatory for Human Rights said they are believed to be from the U.S.-led coalition that began targeting ISIL in Syria in September 2014.

THE ASSOCIATED PRESS

People pay respects Sunday at a makeshift memorial honoring the victims of Wednesday's shooting rampage in San Bernardino, Calif. JAE C. HONG/THE ASSOCIATED PRESS

City calls for unity as it grieves its dead

SAN BERNARDINO

Wife may have radicalized husband: investigators

At a church, a mosque, a makeshift street-corner memorial and other sites, they gathered Sunday to mourn the 14 victims of the San Bernardino, Calif., shooting massacre and lament that the community now joins the list of U.S. cities scarred by terrible violence.

Residents struggled to come to terms with the violence and hoped the community would unite in mourning and not be divided by the disclosure that the killers were a religious Muslim couple.

"It's unfortunate that we're on this list now, a list like Newtown, Aurora and others where such tragic events occurred," Rep. Pete Aguilar, D-Calif., told a crowd at a mosque. "It's not how I want San Bernardino remembered."

Meanwhile, investigators were looking into what led Tashfeen Malik and Syed Farook to attack the gathering of Farook's co-workers on Wednesday, in what appears to be the deadliest attack on American soil by Islamic extremists since 9/11.

Authorities were trying to determine if Malik, who was born in Pakistan and spent considerable time in Saudi Arabia, radicalized her American-born husband, Farook, and was the driving force behind the rampage, two officials said Sunday.

That possibility emerged late last week when it was disclosed that Malik had pledged allegiance to the Islamic State of Iraq and the Levant (ISIL) group in a Facebook post about the time of the bloodbath at a holiday luncheon.

Malik, 29, and Farook, 28, were killed in a furious shootout with police hours after the attack.

On Sunday, scores of mourners visited a growing memorial on a corner near the social service centre where the shootings took place. There were American flags, a poster that read "Pray for the world," balloons, candles and cards. Many said they hoped the community would pull together.

"I'm trying to use it as a teaching thing for myself and for my children that horrible things happen, but it doesn't mean that everybody is a horrible person," said Eric Abrams, of San Bernardino.

THE ASSOCIATED PRESS

FRANCE

National Front leads regional elections, projections say

Former French president and leader of Les Republicains party Nicolas Sarkozy and former first lady Carla Bruni-Sarkozy cast their ballots in Paris on Sunday. THE ASSOCIATED PRESS

France's far right National Front won more support than any other party in the first round of regional elections Sunday, according to polling agency projections, in a new boost for Marine Le Pen's anti-immigration strategy and a new blow to President Francois Hollande's Socialists.

The projections put National Front candidates on top so far in six of France's 13 newly drawn regions. But Sunday's voting was only a first round, and some mainstream voters may steer away from far right candidates in the decisive Dec. 13 runoff.

The elections took place in an unusually tense security climate just over three weeks after deadly terrorist attacks on Paris — a climate expected to favour conservative and far-right candidates.

Voters are choosing leadership councils for the regions, and had the choice of several parties in the first round.

Polling agencies Ifop, OpinionWay and Ipsos projected the National Front won between 27 and 30 per cent support nationwide.

> **The verdict of the French people tonight is clear. We must hear and understand the deep exasperation.**
>
> Nicolas Sarkozy, Les Republicains party leader

The polling projections estimated the percentage of votes for different parties, not the number of seats they are expected to win on France's regional councils.

The number of seats will be determined in next Sunday's runoff, which pits the leading parties in each region against each other.

Sarkozy's conservative Republicans party and its allies were projected to come in second place in the national vote at around 27 per cent.

THE ASSOCIATED PRESS

Scientists enlist help from a higher power

CLIMATE TALKS

Interfaith community calls for action on warming

The cold hard numbers of science haven't spurred the world to curb runaway global warming. So as climate negotiators struggle in Paris, some scientists who appealed to the rational brain are enlisting what many would consider a higher power: the majesty of faith.

It's not God versus science, but followers of God and science together trying to save humanity and the planet, they say.

Physicist John Schellnhuber, founder of the Potsdam Institute for Climate Impact Research in Germany, said he has been coming to these international talks for 11 years and essentially seen negotiators throw up their hands and say "sorry guys, we tried our best." And no one protested. But this time, with the power of Pope Francis' encyclical earlier this year calling global warming a moral issue and an even more energized interfaith community, Schellnhuber feels the world's faithful are watching and will hold world leaders accountable.

Filipinos hold a poster with a picture of Pope Francis during the Climate Solidarity Prayer March in Manila last month. Pope Francis' encyclical calling global warming a moral issue has energized faith groups to get involved. THE ASSOCIATED PRESS

In the first five days of climate negotiations, interfaith activists came, fasted, talked to media, buttonholed leaders and prayed. On Saturday night in a downtown Paris chapel, hundreds of people, many of them prostrated on the ground, sang and prayed for the climate negotiators and mostly for the world. Faith "is much deeper" than science, said Caroline Bader of the Geneva-based Lutheran World Federation.

And so are their numbers. Bader said interfaith leaders recently handed top United Nations negotiators a petition with 1.8 million signatures begging for meaningful climate action.

THE ASSOCIATED PRESS

DRAFT

Agreement reached

Negotiators adopted a draft climate agreement Saturday that was cluttered with brackets and competing options. The 48-page draft agreement was sent to environment and foreign ministers who will work on it this week.

TRADEMARKS

Trump cashes in on Central Park name

Donald Trump is arguably New York City's most famous resident, and he's made some of his money off the name of one of its most famous public landmarks: Central Park.

The Republican presidential candidate has trademarked the words "Central Park" on items including furniture, chandeliers and even key chains.

Records show Trump first put a trademark on the name in 1991, when the city's crime rate was near its height and Central Park had a less-than-glamorous reputation.

The trademark has expanded over the years and was most famously used on a line of Trump-branded furnishings, including tables, beds, lamps, pillows and picture frames.

A Trump spokesman declined to say how much money has been made off the trademark, which was first reported by the cable news channel NY1.

THE ASSOCIATED PRESS

IN BRIEF

It could have been called Disney World St. Louis

A Disney theme park in St. Louis? It almost happened, but dispute over money doomed the project. Now one of the few remnants of the Disney park that might have been is going on the auction block — 13 pages of 1963 blueprints spelling out plans for "Walt Disney's Riverfront Square" in St. Louis. THE ASSOCIATED PRESS

Oil rig owner appeals for help in search for bodies

Azerbaijan's state oil company SOCAR said Sunday that it was still searching for 29 workers missing after a fire swept through an offshore oil platform. But it has also asked the four other countries who share the Caspian Sea to search their own territorial waters for bodies of the oil workers. THE ASSOCIATED PRESS

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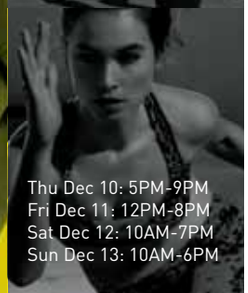

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metro VIEWS
Your essential daily news
Monday, December 7, 2015

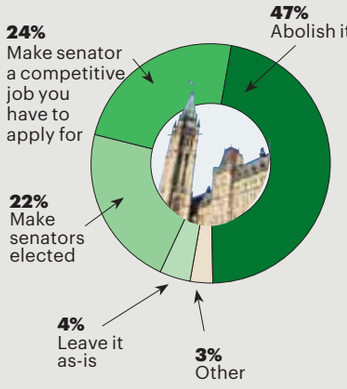
Metro MONDAY POLL

Introducing: Senator You

Visit metronews.ca **every Friday to have your say.**

The Trudeau government is planning to transform the Senate into an independent, non-partisan chamber — possibly the biggest change to the scandal-plagued Upper House since Confederation. Rather than being appointed as a senator, you'll have to apply for it like any other job. But plenty of critics say it's time to ditch the Senate entirely, make senators elected or enact some other radical reform. We asked our readers if they're prepared to let go of the house of sober second thought, and what they would like to see on their representatives' resumes.

1 What should be done to reform the Senate?



Senators should be chosen by the provinces.

Make the Senate non-partisan, filled with the best Canadians.

Have a vote for all or a portion of the seats.

2 What should the government do about diversity in the senate?

33% Make the selection process merit-based only
24% Mandate gender parity and ethnic diversity
43% Neither, let's ditch the senate entirely

SENATE SPEAKER GEORGE FUREY IS ESCORTED TO HIS NEW CHAIR

3 What qualities should a senator have?

18% Extensive experience in a professional field
17% A clean financial record
15% A pleasant and not-too-partisan manner
13% A record of community service
6% A certain age (i.e., older than 35)
6% Bilingualism
3% Government or public service experience
20% None of the above, abolish the senate
2% Other

Minimum age should be 50.

Member of the Order of Canada for at least five years.

No political affiliations at all.

WE ASKED Metro readers

After funding, next stop: Sensible spending

TORY'S TORONTO

Matt Elliott

Mayor John Tory took a big step forward last week when he announced the creation of a new fund to pay for transit and affordable housing in Toronto. By endorsing the introduction of a new residential property tax levy, Tory shifted the conversation at city hall away from penny-pinching and toward a brave new world of actually, you know, paying for stuff.

The last five years at city hall have been a master class on how to spend transit dollars and get nothing in return.

A big step, but still just a first step. To really move forward, Tory next needs to ensure that the stuff the city will pay for is, in fact, the stuff the city really needs.

That's the other side of the coin to all this new tax talk. While it's important to acknowledge Tory's new fund as an overdue admission that Toronto has a revenue problem, that doesn't erase the fact that this city also has a long, troublesome history of spending money on the wrong projects.

This is especially true with transit. The last five years at city hall have been a master class on how to spend transit dollars and get nothing in return.

That's not hyperbole. The final bill for sunk costs relating to Toronto City Council's transit debate odyssey last term, which saw councillors vote for and then vote against an LRT plan for Scarborough, came in a $74.8 million. All of that is pure waste.

In the end, the cancelled Scarborough LRT plan was replaced by a Scarborough subway extension, at a much, much higher cost. The subway project remains on the books despite not having an approved route or finalized cost estimates. New reasons to not build it crop up on a weekly basis, but the project endures. "Scarborough deserves a subway," we're told, endlessly.

Then there's SmartTrack, the mayor's signature transit plan. It's a decent idea — using GO Transit corridors to augment the TTC and provide additional service. But it's been wrapped in layers of confusion and mystery. The oddest bit is the part of the plan that seemingly calls for a rail tunnel along Eglinton West, even though there are no official study that justifies anything of the sort.

Meanwhile, the plan every study does justify — the downtown relief subway line — has languished for years, at least partially because local politicians are afraid to enthusiastically endorse a project that has "downtown" in its name. Seriously.

I've had enough. There should be a responsible framework for evaluating and approving transit projects in place before a single dollar goes to Tory's new fund. Council's brand of wasteful, slapdash, vote-pandering transit planning can't continue. Not when the mayor is asking members of the public to open their wallets. Remember this: New money is only as good as the things you decide to spend it on.

Matt Elliott lives and writes in Toronto. Follow him on Twitter @GraphicMatt

ROSEMARY WESTWOOD

metroview

'Tis the season for hangry (hungry+ angry) travelling

Where are they?

The flight attendants? We took off 30 minutes ago — I just checked — and you know what that means? Food and beverage service!

One of them is serving first class — here comes the wine — and I'm fantasizing about pressing the call bell (which I never do) because I want to know: Are you going to feed the common people or not?

I already ate the sticky-sweet energy bar I brought for emergencies. But the situation is worse than I thought. You know what I really want? A double quarter-pounder with fries and a chocolate shake. This is travel, and desperate times call for fat, sugar and salt in abundance.

This non-TV flight took off from Washington-Dulles, the capital of Am'rica. And you know what should be easier than finding pee on an airport toilet seat? Finding the Golden Arches in the bloody U.S. of A.

It's my fault for booking a short stopover. I was thinking I'd save time, but I really just cemented my chance of starving to death before reaching my final destination. There was no way I could wait in line (another line!) behind 30 other starving people at the random burger joint that doesn't seem to do fast food, despite the fact that people trying to catch flights don't have time for your handcrafted patties and marinated bull!

So, I'm in the window seat and the lanky teenager next to me is already doing the mouth-gape head-back doze, one boney knee clearly on my side of the invisible leg divide, which means I can't get up to demand service from the men and women in blue (always blue). Except even in my fantasy, the outrage is downgraded to a passive-aggressive "Excuse me? But, I was just wondering? Does this flight offer food?" Being Canadian is so anticlimactic.

These tiny seats are the adult version of being strapped into a stroller, helplessly crying that you're hungry or thirsty.

Oh sure, not all flights are as desperate as this one. Once, I took two Valium tablets and had a few glasses of wine and floated all the way from London to Vancouver. If I didn't know better, I'd say Valium is the only way to travel, plus points for retro. I'd take some Valium right now.

OK, here they come. Slowly. I'm shaking my leg. My wallet's been out for ages. Time for some cheddar cheese spread on two crackers, and a gluten-free cookie. Survival.

These tiny seats are the adult version of being strapped into a stroller.

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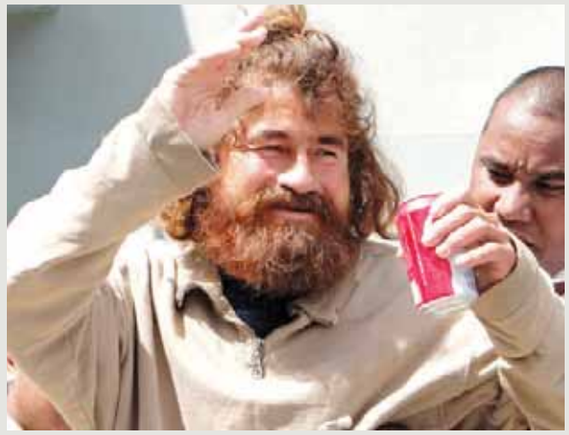
U2 play Paris tonight after initial dates were cancelled due to terrorist attacks in November

NEW BOOK

Jonathan Franklin penned the true story of a man lost at sea for 438 days

Sidney Cohen
Metro | Canada

A stunning tale of survival



Salvador Alvarenga spent 438 days adrift in the Pacific Ocean following a storm and the death of his crewmate.
GETTY IMAGES AND CONTRIBUTED

"Now is our time to suffer but we are not going to die."

This is what Salvador Alvarenga said to his crewmate as the two fisherman battled the gale-force winds and 18-foot waves that were pummelling their small, open-air fishing vessel off the Mexican coast.

That day in 2012 would be the first of 438 that Alvarenga would spend adrift in the Pacific Ocean.

His only companion succumbed to starvation four months in, but the ever-optimistic Alvarenga survived.

For 14 months, the resourceful seaman staved off thirst and hunger by drinking turtle blood and his own urine, and eating the raw flesh of birds that landed on his fibreglass motorboat.

He endured scorching sun, menacing sharks and unimaginable loneliness.

Alvarenga floated some 10,000 kilometres before washing up — bearded, dazed and legs atrophied — on an islet in Marshall Islands.

Jonathan Franklin, a Chile-based Guardian correspondent, documents Alvarenga's journey in his new book, 438 Days.

An American who travelled to Chile 17 years ago to report on the fall of Pinochet's dictatorship and never left, Franklin is no stranger to tales of extraordinary endurance.

The journalist also wrote 33 Men, a book about the 33 miners who were trapped inside a Chilean mine for more than two months. All 33 made it out alive.

Metro chatted with Franklin about researching his book and to find out what he's learned interviewing fascinating people with stories of survival.

What is it that draws you to stories of survival?
People have a lot more resilience than they ever realize, and I like to share that. A lot of people, when they're put up against the wall, find this inner strength. Fortunately most of us don't have to be out on a boat or at the bottom of a mine, but it shows the strength that a lot of us have inside.

In researching 438 Days, did you go out on one of these small fishing boats?
Yeah I did. It was pretty terrifying. It's like a big canoe. It seemed that it would be so easy to flip these things because they're long and narrow, like you catch a wave on the wrong side and you flip in a second. And we were only a half-mile off shore. These guys were going 100 miles (160 kilometres).

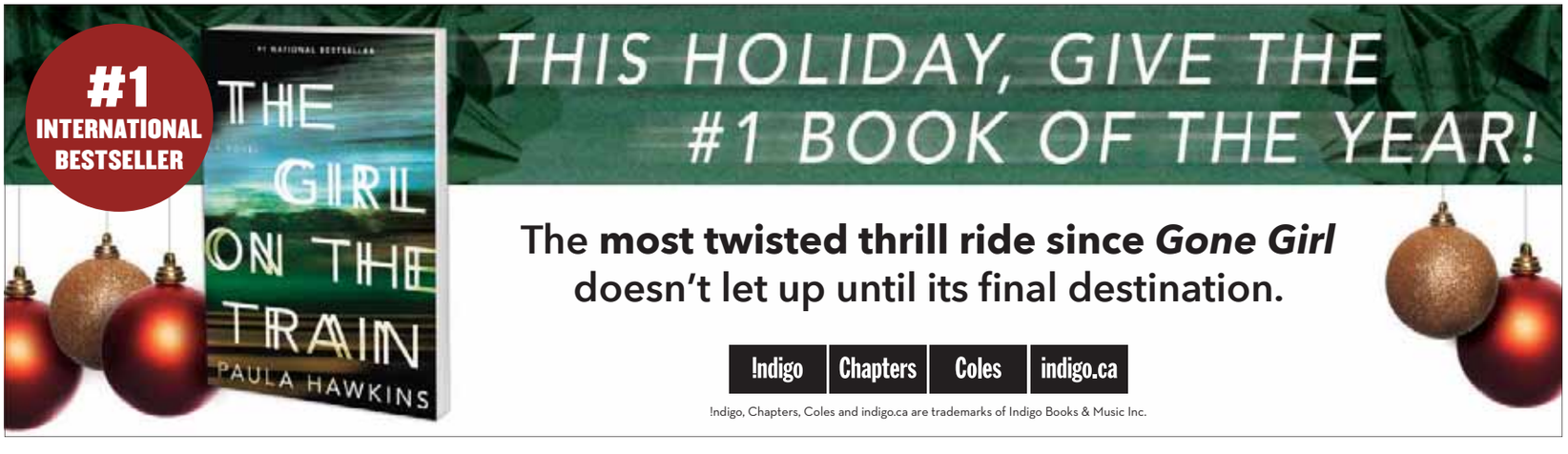
> **"It was terrible in a lot of ways, but there was a wild freedom to the whole experience as well.**
> 438 Days author Jonathan Franklin on Salvador Alvarenga's experience

You've interviewed SWAT commandos, Timothy McVeigh, a Chilean student activist turned communist member of parliament. Has anyone really surprised you?
I thought Tim McVeigh was going to be a raving lunatic and he was a super nice guy. This guy was on death row for blowing up a building — which he admitted to blowing up — killing 168 people. And he was really smart, really funny. You wanted him to be horrible, it would've been much easier if he was a monster, but he definitely was not a monster.

438 Days has drawn comparisons to Life of Pi, the popular novel about survival at sea. Have you read that book?
I deliberately didn't. I was afraid of accidental plagiarism. My daughter gave it to me for Christmas, and I was so excited. Then I thought, "I'll just write my book and then when my book's done I'll go back and read Life of Pi."

When I went into 438 Days, I thought it was like solitary confinement, so I was reading up about prisoners who were stuck in little prison cells. Then I realized what Alvarenga had was solitary unconfinement. He had a whole thriving — although dangerous — ecosystem, which in the end is probably more healthy than mean prison guards in the sterile environment of modern prisons.

It was terrible in a lot of ways, but there was a wild freedom to the whole experience as well.



SNL

Gosling hosts, pays homage to Canada

It was a very Canadian opening to Saturday Night Live as host Ryan Gosling was joined on stage by fellow Canuck, and SNL alum, Mike Myers.

Gosling began the monologue speaking with a Brooklyn accent, talking about how great it was to be back in his childhood home of New York for the holidays.

And when SNL's Cecily Strong interrupted to point out that Gosling actually hails from Cornwall, Ont., the acclaimed film star hesitantly suggested that it might not be the best time to talk about being an immigrant in the United States.

That's when Myers, wearing a Toronto Maple Leafs jersey, made his entrance and reminded Gosling of the many reasons for being a proud Canadian — "our hunky new prime minister Trudeau, Degrassi Junior High, and Sir Justin Bieber," to name but a few.

There were jokes about such standby Canadianisms as saying "eh," pronouncing "about" as "a-boot," Molsons beer and deep snow.

They even trotted out Bonhomme, the Quebec City Winter Carnival mascot, before launching into a musical tribute to Christmas in Canada where SwNL cast members donned red and black checked jackets —sometimes irreverently referred to as Canadian tuxedoes.

THE CANADIAN PRESS

JOHANNA SCHNELLER WHAT I'M WATCHING

Better with makeup on?

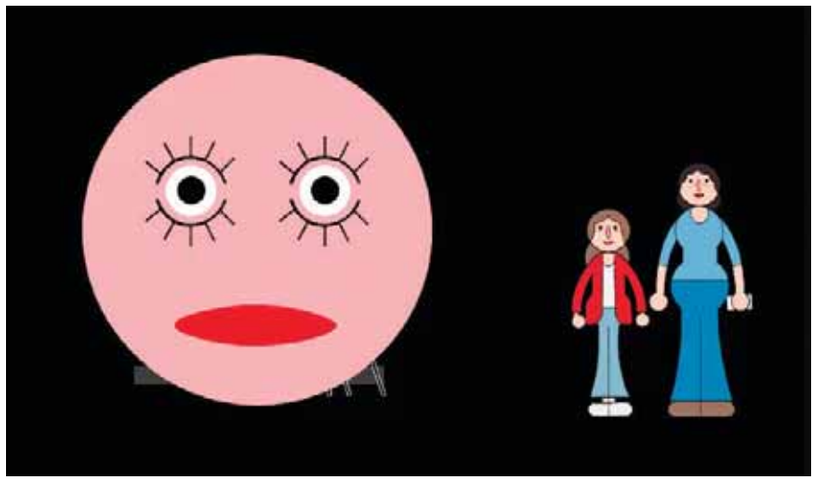
MIRROR (NewYorker.com)
THE ACCIDENTAL INSULT

In spare, modern animation, a mother watches her 13-year-old daughter apply mawkeup for the first time, for a Halloween costume.

"She puts on mascara, a little eyeliner, some lip gloss," the mother's voice narrates. "I look at her, and then these words come out of my mouth: 'Wow, you look so much better.'" "Wow," a man replies, laughing. The mother laughs along, audibly abashed.

As she continues her story (her daughter shrugged off the diss), something lovely happens: the screen fills with little boxes, illustrating small but significant mother/daughter moments — first steps, sliding boards, school buses — as the daughter inches toward independence.

This two-minute video was the brainchild of illustrator Chris Ware, who draws many New Yorker covers. For the Dec. 7 issue, he asked Ira Glass, the host of the radio show This American Life, to provide him with an audio interview that he could animate; Glass offered writer Hanna Rosin's story about her daughter Noah; and the video was born.



Illustrator Chris Ware's two-minute video mixes radio with animation. SCREENSHOT/NEWYORKER.COM

Ware wanted, says an essay that accompanies the video, to "extend the emotion" of a magazine cover, and to see if enhancing a radio story with images lessened or enhanced its emotional power. And obviously, both The New Yorker and This American Life are keen to add visuals to their stuff, to grab more traction online.

They're not alone: The New York Times recently began releasing short, 3D video docs to accompany Sunday Times Magazine stories.

So far, these shorts are worth watching. The trend certainly is.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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Coding workshops aim to attract girls

HOUR OF CODE

Agency offers free lessons promoting digital literacy

Kris Abel
For Metro Canada

More than 4,000 free programming lessons are being held across Canada this week as part of a global initiative promoting digital literacy. Microsoft, Apple and Amazon are giving their support to educators registered at HourOfCode.com who have prepared one-hour lessons at local schools, community centres and libraries.

The focus in particular is on attracting girls. Star Wars characters Leia and Rey along with Frozen's Anna and Elsa star in the movement's programming lessons aimed at ages four and above.

Although women hold just nine to 15 per cent of tech jobs at leading companies, girls under 12 show a strong aptitude and interest for the science and technical skills involved. This has inspired an impressive community of volunteers and non-profit organizations who sense an opportunity to strengthen our society.

"What we're trying to do in our research is tackle really big problems and I think we need to take advantage of the creativity and innovation of our entire population," says professor Molly Shoichet, who hold's Canada research chair in tissue engineering. "We really can't depend upon just half the population to overcome these challenges."

Ladies Learning Code is one of the organizations participating this week that offer beginner-friendly, socially collaborative workshops across 22 Canadian cities year-round.

"We run one-day workshops for people who have never seen a line of code before," says co-executive director Melissa Sariffodeen. "You'll create your own website from scratch and they are beautiful websites that you can launch."

Knowing how to create your own website or run an e-mail newsletter is useful in any career choice, but the lessons are popular for their sense of accomplishment.

Kids liken coding lessons to learning a new language. HANDOUT COURTESY OF LADIES LEARNING CODE

"It's definitely the ability to create something that didn't exist," Sariffodeen explains, "this idea that you've taken something using your own hands, whether it's physical or digital, and you've created something that you can show people. That's what's addictive."

Every day this week YTV's The Zone will share what this is like by pairing their kid contributor Miley with LadiesLearningCode.com mentor Nat Cooper.

"All my friends were telling me about it saying 'oh, you should go try one of these code classes' and then I got to try it and that was pretty fun," Miley enthuses.

Throughout the television week and online lessons at YTV.com, Miley uses HTML and CSS to make a fun, holiday card.

"It was a bit of a challenge, but I like challenges so it was pretty fun to me," she explains. "I like learning languages and it's kind of like learning this cool, computer language, so it's pretty interesting."

Across Canada you'll find community makerspaces devoted not just to programming, but electronics, engineering and even robotics. They all share a similar approach to making their lessons inclusive.

"One thing that girls are interested in is mission-based tasks," explains Nicole Proulx, who organizes robot programming workshops at Robogals.org. "If you add a storyline, if you add a goal to it, that's something that girls are very interested in."

And encouraging girls to develop their creative problem-solving skills is a mission we can all share.

DIGITAL

HourOfCode.com/Code.org Find free workshops and online lessons

LadiesLearningCode.com Year-round workshops for women and youth

YTV.com/shows/the-zone Learn with Miley this week

MadeWithCode.com Free coding lessons and projects from Google

MakerCamp.com Free electronics tutorials and projects for kids

Samsung GALAXY A5

$50/mo. GOLD PLAN GETS YOU:

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- 300 Canada-Wide Minutes
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Cycling winter's mean city streets

BICYCLE COMMUTE

More urbanites are biking year-round

David Shellnutt is a hardcore winter cyclist but even he has his limits — after a 10-centimetre snowfall in Toronto last winter, he grudgingly decided to take the streetcar to work.

Then he saw the streetcar lineup, 40-people-deep. He went back to his apartment, strapped on his ski helmet and prepared to do battle with Mother Nature.

"You just had to plow through the snow like a luge run or a bobsled," he said. "I was giggling like a child the whole way. It was fun."

Cycling through city streets in the winter may seem crazy to some, but year-round cyclists say more people are joining their club. They also insist the icy cold ride is not only efficient, it's rewarding — as long as you know what you're in for.

For Laura Pin, the secret to surviving her jaw-dropping winter commute — 32 kilometres round trip thrice weekly — is layers. Lots and lots of layers.

The 29-year-old York University PhD student dons a balaclava, wool socks, long johns or leggings, ski goggles, good mittens, a helmet and a warm jacket, along with her day clothes underneath or over top.

Dedicated as she is, even Pin won't ride when roads are snowy or icy.

"You don't have a margin for error," she said, recalling a time when she spun out after sliding on ice at an intersection.

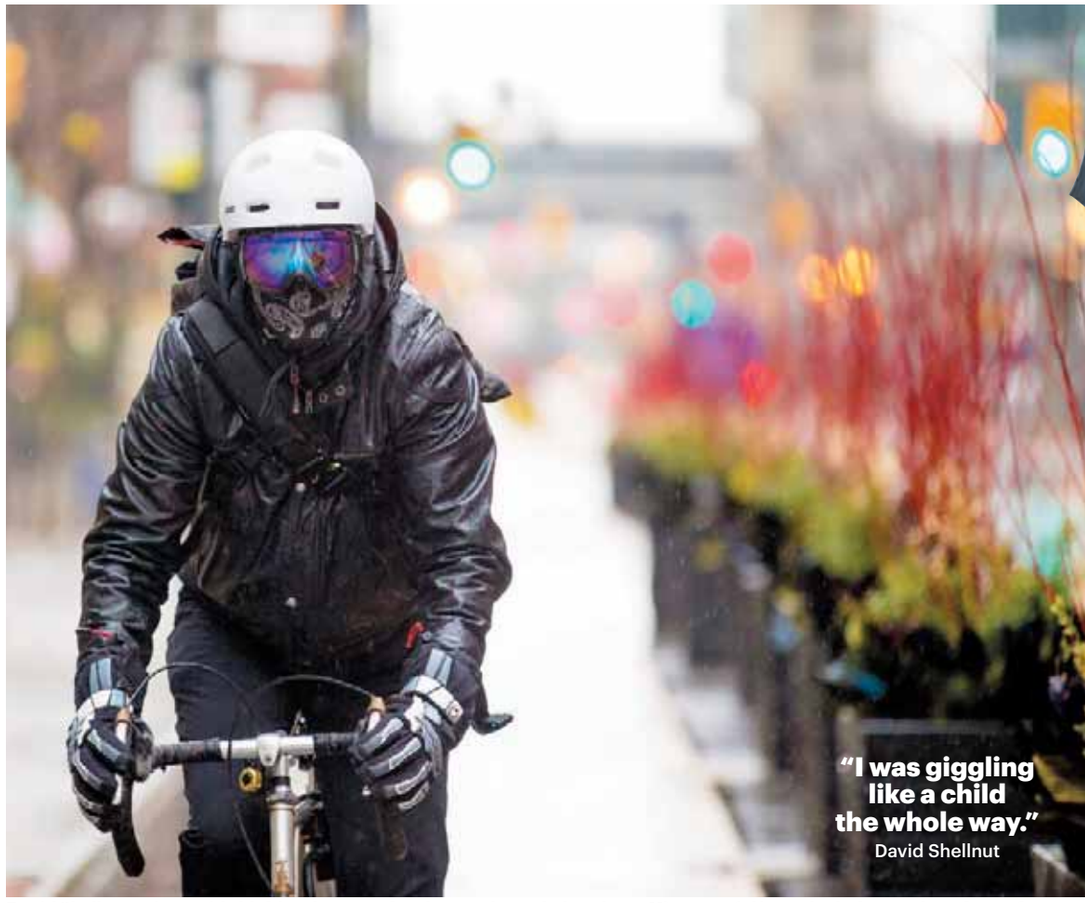
Yvonne Bambrick, an urban cycling consultant and author of The Urban Cycling Suvival Guide said, "Riding throughout the winter is one of the best ways to chase the winter blues away," adding that she feels like a "badass" when she cycles in the winter months.

For those new to the cycling game, Bambrick suggests taking things slow. Practice braking and turning on a quiet side road after a snowfall to practice, she advises.

But for experienced riders, obstacles can be appealing.

As for Shellnut — a personal injury lawyer who commuted to work by bike every day last year — he'll happily continue to bypass the streetcar.

Cycling, he said, "makes me feel free."



David Shellnutt tries to ride his bicycle as much as he can through the winter. His essential items include goggles, gloves, face covering and his rubber Chuck Taylor shoes. TORSTAR NEWS SERVICE

Winter cycling tips from Jeremy Axon of Toronto's co-op bicycle shop Urbane Cyclist

1. Take your time: Even if it looks like a clear day, there can easily be black ice.

2. Be assertive and go at your own pace: Cyclists can feel crowded in by snowbanks and cars. If cars are trying to go around you, encourage them to go around. Try and keep traffic flowing but don't endanger yourself, advises Axon.

3. Braking: Brakes sometimes aren't as reliable in the winter since the cold affects the rubber compound of the brake pads, said Axon. And beware icy roads. "You can stop your wheel from moving but that's not necessarily going to stop you from moving," he said.

4. Plan your route accordingly: Main streets will be clear but side streets won't. Reconsider your route if the snowplow hasn't yet made the rounds.

TORSTAR NEWS SERVICE

PROTECTION

Winter cycling gear

Left to right, above: Sugoi Midzero Balaclava, $30; Gore Bike Wear Universal City Overshoes, $119/pair; Sugoi Zero Lobster Glove, $45/pair; Gore Bike Wear Universal Thermo Helmet Cap, $50.

SKS P-35 Longboard Fenders, $60/set.

Sugoi Zap Jacket, $160.

Gore Path Pant, $220.

All items from Urbane Cyclist Worker Co-Op. TORSTAR NEWS SERVICE

SOCIAL ANXIETY

Face your fears and attend the holiday office party, experts say

ISTOCK

For some, just thinking about making small talk at parties induces stomach-churning anxiety.

For Piers Steel, his concerns stem from his memory. "I'm absolutely terrible with names," says Steel, professor of human resources and organizational dynamics at the University of Calgary and author of The Procrastination Equation.

"I can remember the conversations we've had. It's whatever that little space in the brain (is) where names are recorded (that) needs to be reformatted," he adds with a laugh.

End-of-year parties are customary at many workplaces. But the festive fetes can be stressful for those who are averse to socializing, or feel uneasy about mingling with colleagues outside of the office.

"People might be afraid they won't have anything to say. They may be worried about coming across as boring or incompetent or uninteresting in some way," says Martin Antony, author of The Shyness and Social Anxiety Workbook.

"They may be worried about saying the wrong thing or offending others or looking stupid, making a mistake of some kind."

While those with severe social anxiety may be inclined to steer clear of parties, Antony says attending may be the antidote.

"People learn the situation isn't as bad as they think it's going to be, and they also learn that these feared consequences don't come true," says the Ryerson University professor of psychology.

Workopolis business editor Elizabeth Bromstein says efforts should be made to help shy employees feel at ease.

Regardless of who opts in to the holiday party, Bromstein says all attendees should make the most of the event.

"You need to stick around, you need to speak to people and make your presence known. Get in a couple of pictures, speak to your bosses, make some friends and then you can go. It's not a good idea to show up, have a drink and sneak out." THE CANADIAN PRESS

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Smart money tips to get and keep you in the black

MANAGEMENT

Don't let a budget crunch knock finances off balance

Gail Vaz-Oxlade
For Metro Canada

Some people never grow up! I'm all for following your bliss, and if you can find a way to make your passion pay, then you go for it. But if you're determined to make a living doing something that doesn't pay much, you've got to be prepared to live without some of the things other people have.

And if your hunny bunny is determined to follow his or her bliss, leaving you to pick up the slack, unless you're a total masochist, you gotta know things won't end well.

Inequality

I often scratch my head when I meet a couple where one person is doing all the work and the other is having all the fun. I think to myself, "How long do they think they can keep this up before they drive away their best pal?" But human beings seem to have an enormous tolerance for suffering.

For most of us, if only one person in the relationship is making the money, and the other person is spending it, it's only a matter of time till the sucker wakes up and smells the coffee. But for some poor saps, the misery can go on indefinitely because they just don't think they deserve better.

Rock bottom

So, how low do you have to go before you realize you've hit rock bottom?

Sometimes not even bankruptcy is enough to shock a person who has tuned out back to reality. Witness the folks who go bankrupt and then are back in a hot mess a few years later.

What's the point of going through all the nasty bankruptcy stuff if you aren't even going to bother figuring out how to live within your means?

Within your means

It should be one of the rules that you have to make a budget and learn to live on what you've got as part of the process.

Wait! It is a rule! That's why people going through debt rehabilitation aren't supposed to have access to credit.

So how is it that folks who are going through bankruptcy or a consumer proposal still have overdraft protection on their accounts? You'd have to ask their banker that question!

Pick up the pace

At some point blowing through all the money to have a here-and-now will get old, and so will you. You best pick up the pace on making more money so you can set a little somethin' somethin' aside for later days.

Start saving

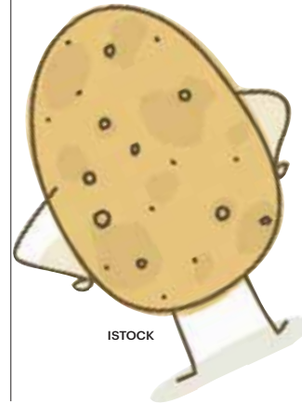
Retirement costs money, and once you stop working, you better have enough set aside to keep a roof over your head and food in your belly. Start in your early 20s and you'll only have to save 6 per cent of your income to be safe and comfortable. Wait until you're in your 40s and you'll have to ramp up the savings to 18 per cent of your income — ouch! — just to keep body and soul together.

$ GET STARTED

It doesn't take a lot to make a secure future

- Open up an RRSP or TFSA at your favourite financial institution, and have $100 automatically debited from your account every month. There now, you've started to save.
- In six months, find another $25 a month to add to your auto debit. In a year, find another $25 a month. Now you're on a roll!

For more money advice, visit Gail's website at gailvazoxlade.com



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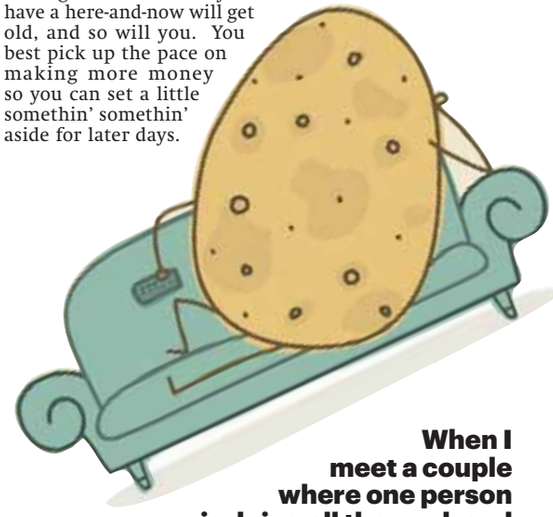

When I meet a couple where one person is doing all the work and the other is having all the fun, I think to myself, "How long do they think they can keep this up?"

Marketing students show skills, connect to industry

EDUCATION

George Brown played host to this year's OCMC event

Izabela Szydlo

Since 1980, the Ontario Colleges' Marketing Competition (OCMC) has given the province's college marketing students the opportunity to take academics to the next level, gain real-world experience and connect with their future industry.

"It isn't all about winning, but more about the growth students experience leading up to and during the competition," says Barb Watts, the associate dean of business and management studies at Georgian College, which has hosted three times. "Students become so professional through this experience."

The event first took place at Lambton College in Sarnia when a professor borrowed the format used by the Distribution Education Clubs of America (DECA) and brought it home. Until 1986, the competition consisted of southwestern Ontario colleges. That year, with 10 participating schools, it became known as the OCMC. In the years that followed, the OCMC came to include colleges from across the province.

Students wait for their turn to compete at the OCMC. COURTESY GEORGE BROWN COLLEGE

"The pressure is higher, and the content and cases have changed but that experience it set out to give students 35 years ago to develop professionalism and confidence hasn't," says Watts.

The two-day OCMC features 11 events. It kicks off with the Quiz Bowl, which scrambles colleges into mixed teams for an academic style quiz competition. Two of the remaining events are individual and the rest are case challenges during which student duos have 30 minutes to analyze and prepare a presentation on a business case, and 15 minutes to present before a panel of industry judges. Students and organizers also enjoy other festivities, such as a gala at which winners are announced.

While no formal body oversees the event and hosting duties rotate from college to college, annual meetings are held with faculty from most colleges to discuss the competition, says Watts.

"It's very student centred," she says, "and there's a lot of committed faculty who want to ensure students continue to benefit from the OCMC."

TIMELINE

1980: Lambton College holds the first DECA event.
1986: Mohawk College hosts and the competition grows from six to 10 colleges.
1988: For the first time, the entire province is represented as 17 colleges compete.
1989: A strike defers the 1989 competition until February 1990.
2015: The OCMC celebrates its 35th anniversary.

HOSTS

Planning a learning moment

Two years. That's how long George Brown College prepared for its role as host school of the 2015 Ontario Colleges' Marketing Competition (OCMC).

"This is the first time in 15 years that we have hosted and we were dedicated and very proud," says Maureen Loweth, dean of the college's Centre for Business and the executive lead of the event. "We were conscious that this is an exceptional learning experience for students and wanted to make it a memorable part of their college experience."

To organize an event of the OCMC's magnitude — 220 students, 128 faculty members and administrators who coached and supported student teams, and 50 industry judges — faculty and staff organizers from George Brown's Centre for Business worked together.

"One of the most rewarding aspects of hosting was how great it was to see the teamwork that went into pulling off a flawless event," says Loweth. "We received compliments from colleagues at other colleges about how quickly we kept things moving and how well their needs were taken care of."

For its venue, George Brown chose the Hilton Toronto hotel due to its heart-of-downtown location and layout. Judges, meanwhile, were recruited from the industry and from some of the OCMC's sponsors, which included Marketing Magazine, Pearson Canada, Xerox and Environics Analytics.

"The OCMC is so meaningful that even the industry recognizes its importance," says Loweth.

IZABELA SZYDLO

EVENT RECAP

Annual competition is still going strong after 35 years

More than 200 students from 12 colleges recently converged at the Hilton Toronto hotel to compete in the annual Ontario College's Marketing Competition (OCMC).

"This is the 35th year, so we are delighted the event is still going strong," says Michael Shekter, a marketing professor at George Brown College who helped to organize this year's OCMC, which was hosted by the school. "It allowed us to pause and think of how much has changed. Even our college president spoke of how colleges have gone from offering skills in trades to becoming very competitive in terms of marketing education."

On Nov. 26, the first day of the two-day event, students enjoyed a welcome dinner that included a keynote address by Steve Connor, vice president of channel partner operations at Xerox, which was one of the competition's sponsors.

"Steve Connor actually competed in the OCMC when he was a college student, so it was a high energy way to kick off the event," says Shekter.

Students were then shuffled into mixed college teams for The Quiz Bowl, an academic style quiz competition and the only public event of OCMC, which allows competitors to show their team spirit by cheering on their peers.

> **Judges were very impressed with the quality of students.**
> Michael Shekter

The second day, meanwhile, took on a more intense atmosphere as students competed in 10 events. Eight of these were case challenges in areas such as retail, direct marketing and prospect pitching. Students, working in pairs, had 30 minutes to read, analyze and prepare a 15-minute presentation. They then presented recommendations to a panel of judges from relevant industries.

The OCMC also featured two individual events. For the first, students appeared before judges to perform a sales presentation on any given product or service. The second, called the Job Interview, assigned students a role to play during an interview.

Once the competition ended and scores were tallied up, winners were announced at a gala. Conestoga College was the overall champion with St. Lawrence and Seneca colleges rounding out the Top 3.

IZABELA SZYDLO

Steve Connor, vice-president of channel partner operations at Xerox, offers the keynote address at the OCMC welcome dinner. COURTESY GEORGE BROWN COLLEGE

Students find right formula

COMPETITION

Toronto duo capture top spot after applying skills

Izabela Szydlo

After practicing together for months to compete in the Ontario Colleges' Marketing Competition (OCMC), George Brown College business administration marketing students Ben Millard and Anwar McDonald were determined to not let the pressure of having 30 minutes to prepare a 15-minute presentation get in the way of their confidence.

"By the time we got to the OCMC, we had developed a good formula and knew when to step in if the other needed help," says McDonald. "I trusted Ben's ability, so the nerves went away quickly and we just focused, knowing there was no turning back."

Millard and McDonald competed and won top spot in one of the eight case challenges, which has student pairs read, analyze and prepare a presentation that offers recommendations on a marketing-related issue at a company that is only revealed to them at the top of the 30 minutes. After students present, judges have five minutes to ask questions. For each case challenge, the Top 5 winners are announced and the Top 3 receive trophies at an awards gala.

"The worst part was waiting because we presented in the morning and had the whole day to think of what we could have done differently," says Millard of the duo's presentation in the marketing (commonly known as marketing strategy) category. "To hear that we won was something else. It was great to feel like not only were our coaches and mentors behind us but also the whole college."

Millard and McDonald say the OCMC offered them a taste of the real world and gave them a new confidence in the marketing skills they have acquired in their program.

"It gave me a better understanding of marketing strategy and looking at various angles to solving problems as well as presenting," says McDonald. "I'm definitely going to include the win on my resume."

Millard adds, "I was very hesitant to go into the agency aspect of marketing when I graduate because it is a really competitive environment. My experience played a big role in showing me that I can handle it."

George Brown College students Anwar McDonald, left, and Benjamin Millard after winning the marketing case study competition. COURTESY GEORGE BROWN COLLEGE

> **It gave me a better understanding of marketing strategy and looking at various angles to solving problems.**
> Anwar McDonald

SCHOOLS

During this year's OCMC, the following schools (in no particular order) went toe-to-toe:

1. George Brown College
2. Seneca College
3. St. Lawrence College
4. Conestoga College
5. Sheridan College
6. Humber College
7. Centennial College
8. St. Clair College
9. Fanshawe College
10. Georgian College
11. Algonquin College
12. Niagara College

We're proud to be
a part of our community.
Congratulations to all of our Ontario Colleges Marketing Competition (OCMC) competitors who represented Algonquin College in Toronto. Way to go!
algonquincollege.com/business
/acbizschool
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ALGONQUIN COLLEGE | School of Business

WILLIAM AND MARGARET LYDIATT AWARD

Maggie Chen second to none

For Maggie Chen, a third-year business administration marketing student at Seneca College, getting involved as an ambassador for her school, volunteering at events such as convocation, peer tutoring, running for the student government and competing in case competitions are all part of the college experience.

So, when she won the William and Margaret Lydiatt Award, which recognizes a student from a participating college who has demonstrated exceptional spirit in the weeks leading up to the Ontario Colleges' Marketing Competition (OCMC), Chen was thrilled.

"It was non-stop for me so I think the profs who nominated me recognized that," she says of the nomination, which each school must submit. "I was really happy because this award is a reminder for me that hard work doesn't go unnoticed. At the same time, it isn't all about winning but who you become and how much growth you experience."

Chen, who was chosen as the winner by a panel of three judges from three participating colleges, received her award during the OCMC gala when all of the competitions' winners and overall school champion were announced.

"The gala is probably my favourite part because we finally get to relax after a pretty stressful day of competing," says Chen, who participated in the integrated marketing communications case challenge competition. "You don't know where you've place and you're anxious to know but the spirit and camaraderie really come out."

IZABELA SZYDLO

Seneca College student Maggie Chen was the recipient of the William and Margaret Lydiatt Award. COURTESY MAGGIE CHEN

Event a taste of the real world

BENEFITS

Competition gives students experience, job offers

Izabela Szydlo

Accolades and bragging rights may be the most obvious parts of winning at the Ontario Colleges' Marketing Competition (OCMC), but, says the coach for George Brown College's team, students gain much more from participating.

"In an hour it gives you a taste of what the marketing world is all about and what you'll experience in the next five years," says Tom Arhontoudis, who is a professor in the college's School of Marketing within the Centre for Business.

"For the case competitions, it is also the first time students make business decisions on their own without anyone to help them out. That's huge. If they win or place in the Top 5, they can leverage that on a resume and make it a good discussion piece in job interviews."

Students compete in the Quiz Bowl. COURTESY GEORGE BROWN COLLEGE

In addition to the realistic experience, Arhontoudis says over the course of the two-day event students have the opportunity to network with their peers from other schools, event sponsors and judges.

"Many judges and sponsors will present students with business cards," he says. "I've had students who have even been approached for jobs. Experiences like that give students a confidence boost, while the competitions help them to develop a thicker skin and to think on their feet while presenting ideas and solutions to clients."

Schools, says Arhontoudis, take different approaches to assembling their teams, which average 18 to 20 members. George Brown, for example, recruited students based on criteria such as grade point average, industry experience and extracurricular activities.

"I think of the OCMC students as friends for life," he says. "And they also become friends and create strong bonds before heading into the industry."

LOOK AHEAD

Arhontoudis' advice for students competing in next year's competition:

- Balance theory with practical
- Be on top of what is happening in the industry by reading the most recent articles, business papers and trade press
- Work on your presentation skills
- Know how to not only present but also how to defend an argument Understand the technology that enables you to make a good presentation

We salute our students

on their success at the 35th Annual Ontario Colleges' Marketing Competition.

Sheridan's amazing Advertising and Marketing students won 4th place in the team competition; several individual event medals were also awarded.

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The Canadian short-track speedskating team collected five medals on Sunday, led by Francois Hamelin's gold in the men's 500 metres

Newton keeps Panthers perfect

NFL

Carolina QB's five-pack of TD passes denies stubborn Saints

Carolina's Jonathan Stewart is tackled by Stephone Anthony and Hau'oli Kikaha of the Saints. SEAN GARDNER/GETTY IMAGES

SUNDAY in New Orleans

41	38
PANTHERS	SAINTS

Cam Newton and the Carolina Panthers are collecting some nice memories in New Orleans.

Newton passed for five touchdowns, capped by a 15-yard scoring strike to Jerricho Cotchery with 1:05 to go, and the unbeaten Carolina Panthers clinched the NFC South with a 41-38 victory over the Saints on Sunday.

Carolina, the only remaining undefeated team in the NFL, has the ninth 12-0 start in the Super Bowl era. The Panthers have won 16 straight regular-season games, a streak that began in the Superdome last season.

Newton, who was 28 of 41 for 331 yards, twice had to lead the Panthers back from fourth-quarter deficits as the Saints (4-8) tried desperately to avoid a four-game losing streak. Jonathan Stewart had a five-yard scoring run on a pitch from Newton.

Drew Brees passed for 282 yards and three touchdowns. Saints linebacker Stephone Anthony returned a fumble 31 yards for a score, and also became the first player in NFL history to return a blocked extra-point kick for two points.

Carolina led 27-16 after Newton's 13-yard pass to Devin Funchess, but New Orleans rallied to take a 31-27 lead on Brees' 54-yard TD to Brandin Cooks and 24-yard scoring pass to Brandon Coleman. The Panthers went back in front on Newton's fourth scoring pass, a 45-yarder to Ted Ginn Jr. But New Orleans answered with Mark Ingram's nine-yard run with 5:21 left, forcing Newton to put together one more touchdown drive.

He narrowly pulled it off, finding tight end Greg Olsen for a first down as he rolled left on a fourth-and-4. Olsen had to fall to the ground to make a fingertip grab of the underthrown pass, which was so close to hitting the ground that fans in the Superdome were roaring at replays as Saints coach Sean Payton asked for a review. Olsen finished with nine catches for 129 yards. Ginn had five receptions for 80 yards and two TDs. Cooks had six catches for 104 yards for the Saints. Both Brees and Newton were intercepted once.

New Orleans' defence, which demonstrated moderate improvement a week ago in Dennis Allen's first game as coordinator, produced three turnovers and a touchdown in the first half.

However, the Saints' offence was unable to convert cornerback Delvin Breaux's interception or Kenny Vaccaro's recovery of Olsen's fumble into points. One of those possessions ended in Kai Forbath's missed 38-yard field goal, the other with a punt.

Anthony scored when he ripped the ball away from Stewart as the running back tried to push through a pile of players. Anthony stepped over the pile with the ball while maintaining his balance. Carolina players near him seemed to think the play was over and just watched as Anthony raced 31 yards to the end zone for a 14-0 lead. That didn't last long. Early in the second quarter, Carolina cut the lead in half on Mike Tolbert's 12-yard touchdown catch, set up by Newton's 30-yard bootleg on fourth-and-1 a couple plays earlier.

Stewart scored his TD shortly before halftime, but Graham Gano's extra point kick was blocked by Kevin Williams and returned 82 yards by Anthony to give New Orleans a 16-13 lead.

Anthony's return was the first in NFL history by a defensive player for two points on a failed extra-point kick, allowed by a new rule this year.

THE ASSOCIATED PRESS

ELSEWHERE

Eagles 35, Patriots 28
Najee Goode scored on a blocked punt, Malcolm Jenkins returned an interception 99 yards for another touchdown and Philadelphia held on for an improbable victory over New England.

Seahawks 38, Vikings 7
Russell Wilson threw for three touchdowns and rushed for another, Seattle's defence didn't allow a score, and the surging Seahawks won their third straight game with a romp over Minnesota.

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AHL

Marlies maul the Moose

Jonathan Bernier stopped all 21 shots he faced and Josh Leivo had a goal and three assists to lead the Toronto Marlies to a 9-0 victory over the Manitoba Moose on Sunday in American Hockey League action.

Bernier, who's with the Marlies on a conditioning stint, collected his second straight shutout at the AHL level. He blanked the Rochester Americans 4-0 Friday night in his first start with the team.

The goaltender struggled through his first nine starts with the Maple Leafs this season, going 0-8-1 with a 3.28 goals-against average and .888 save percentage, numbers that ranked among the worst in the league.

William Nylander scored one goal and set up two more for the Marlies (18-5-1), while Andrew Campbell, Mark Arcobello and Richard Clune — while shorthanded — had a goal and an assist apiece. Brendan Leipsic and Frederik Gauthier also scored.

THE CANADIAN PRESS

Expansion the hot topic but NHL will play it cool

BOARD OF GOVERNORS

Sport's chiefs 'roll up sleeves' on Quebec City and Las Vegas

It was during the NHL board of governors meeting a year ago that potential Las Vegas ownership got the green light to proceed with a season-ticket drive. That development came out of nowhere.

There remains no firm timeline on expansion, though this week's board meetings could take the process another step further. The executive committee is scheduled to meet before the big group Monday in Pebble Beach, Calif., to review expansion presentations from Las Vegas and Quebec City.

Development of the new Las Vegas Arena cost $325 million US.
THE CANADIAN PRESS FILE PHOTO

The earliest expansion could happen is the 2017-18 season, something deputy commissioner Bill Daly said last month was still possible even if the board doesn't vote this week. Such a vote to approve or decline expansion is not expected.

"We really haven't canvassed the ownership as a group," Daly said last month. "(The executive committee meeting will) be really the first time where we kind of roll up our sleeves and talk about the applications."

Quebecor and Bill Foley's Black Knight Sports & Entertainment presented to the board in September in New York. That came on the heels of the Hockey Vision Las Vegas ticket drive receiving 13,500 season-ticket deposits and the brand-new Videotron Centre in Quebec City selling out for a pre-season game between the Montreal Canadiens and Pittsburgh Penguins.

Quebecor showed the board a DVD of that successful night. Commissioner Gary Bettman said in September that it "wasn't a bad thing that the building was test-driven."

"Were we surprised that it was sold out? Absolutely not. I could've told you that before they did it," Bettman said. "Unlike Vegas, where they ran a season-ticket drive because people really questioned whether there was interest in professional sports in a unique market like that, nobody had any doubt that there was fan interest in Quebec City." THE CANADIAN PRESS

> **This doesn't get governed by PR or politics or pressure.**
> Gary Bettman

IN BRIEF

Timbers capture MLS Cup

Diego Valeri scored at the 27-second mark for the fastest goal in MLS Cup history and the Portland Timbers won the league title for the first time, beating the Columbus Crew 2-1 on Sunday.

Rodney Wallace made it 2-0 in the seventh minute, and the Crew's Kei Kamara scored in the 18th off a scramble in front of the goal. THE ASSOCIATED PRESS

Vonn records alpine hat trick with super-G win

Lindsey Vonn won a super-G race Sunday to complete a sweep of World Cup races at Lake Louise for the third time in her career.

The American finished in a time of 1 minute, 19.79 seconds, beating Tamara Tippler of Austria by 1.32 seconds. The margin of victory was the largest in a women's super-G since 1997, according to information provided by the U.S. Ski Team.

Vonn captured both downhill races over the weekend for the hat trick. THE ASSOCIATED PRESS

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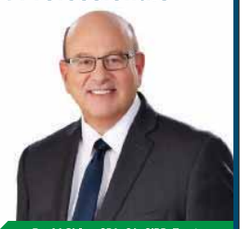
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RECIPE Chicken Noodle Soup

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

It's not just grandmas who will tell you that a bowl of chicken noodle soup will fight off a cold — science has proved it! Plus, there's nothing more comforting on a cold night.

Ready in
Prep time: 30 minutes
Serves 8

Ingredients
- 2 Tbsp olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- 2 carrots, diced
- 2 celery stalks, diced
- 1 Tbsp thyme (fresh or dried)
- 1 bay leaf
- 2 x 940 ml containers low-sodium chicken stock
- 250g noodles
- 1 1/2 cup cooked chicken (poached or use leftovers)
- Salt and pepper to taste

Directions

1. In a large pot, sauté onion, garlic, carrots, celery, thyme and bay leaf in olive oil over medium heat until soft, about 6 minutes.

2. Add stock and bring to a simmer. Add noodles until just cooked. Add chicken. Check for seasoning.

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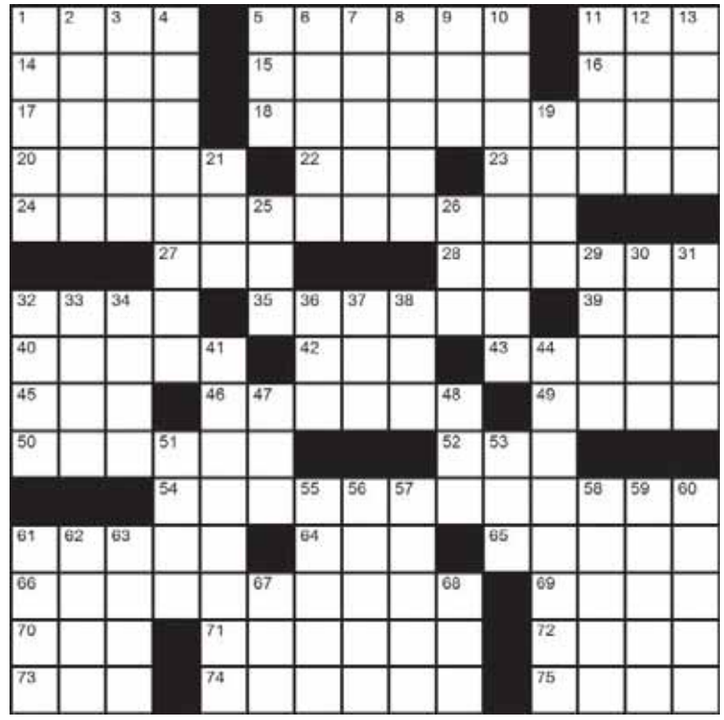
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Celebrated caped Count, curtly
5. 'The Father of Independent India', Mahatma __ (b.1869 - d.1948)
11. Carrie Underwood honour, e.g.
14. Ontario's Casino __
15. Treasures
16. Rowboat steerer
17. 'U' of ICU
18. Their crafts are celebrated at the Bata museum in Toronto
20. Inklings
22. "Notes __ _ Scandal" (2006)
23. Overly feast
24. Perturbed
27. Select
28. Firstborn
32. Ointment
35. Backpackers' lodging
39. Mr. Tolstoy
40. Accused's defence
42. Teensy
43. Ore evaluation
45. Zodiac species
46. Handle
49. Checks for accuracy
50. Had heavenly hopes
52. Alphabetic trio
54. Canadian groups The Diamonds or The Crewcuts: 2 wds.
61. One-of-some going up/down
64. Lionel Richie's "Stuck on __"
65. Gloria Bunker's mother
66. __ nose (Actor's looks-changer)
69. Pace
70. Diving bird variety
71. __ Teagarden (Fictional librarian/sleuth of murder mysteries)
72. Atomic Number 92, for short
73. "Sure thing."
74. Smaller in importance
75. Graduate

DOWN
1. Stonehenge ritualist
2. The Amazing __ (Toronto-born magician/skeptic)
3. Vivienne's friends
4. Burial chamber beneath the city
5. Vehicle's energizer
6. Type of specific-purpose committee 2 wds.
7. Peter of Herman's Hermits
8. Gloom
9. Tailoring alteration site
10. Spanish queen called 'The Catholic' (b.1451 - d.1504) who was a backer of explorer Christopher Columbus
11. Filmmaker brothers Joel or Ethan
12. Ms. Helgenberger
13. "Come on, Dover, move yer bloomin' __!" - Eliza goading a racehorse in "My Fair Lady" (1964)
19. Scottish captain of 17th-century seas
21. Soak
25. __ degree
26. Gridiron support
29. "So what __ is new?"
30. Flyer's spot
31. Santa's sack stash
32. Poet
33. Axillary
34. 'L' of household cleaning brand CLR
36. Newman's __ (Salad dressing brand)
37. Home of baseball's Mariners, briefly
38. Young sheep
41. Legendarily long living/lasting
44. __ Islands (Arctic Ocean archipelago in Nunavut)
47. Airport tower [acronym]
48. French coin of yore
51. Notice: French
53. "Lost" star, Daniel __ Kim
55. __ Rock (Oz postcard photo)
56. Tennyson poem, The __-Eaters
57. About 25 sheets of paper
58. Lady's crown
59. Singing legend Ms. James'
60. Afterwardses
61. __ or neuter
62. Loyal
63. Says it's hunky-dory
67. Tint
68. Ford fabrication

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
There will be a certain amount of confusion this week, and maybe deliberate deception as well. Part of you instinctively knows the answers so listen to it you won't go far wrong.

Taurus April 21 - May 21
You seem to be immensely popular, most likely due to the influence of Venus moving through the relationship area of your chart. So long as you don't take liberties others will do almost anything for you.

Gemini May 22 - June 21
Your mind is focused on personal issues and until you have got them sorted out you won't be able to give the professional side of your life the attention it requires.

Cancer June 22 - July 23
Cosmic activity in your fellow Water sign of Scorpio gives you the kind of can-do attitude that will get jobs done. But you find time to remind loved ones how much you care.

Leo July 24 - Aug. 23
Don't let feelings get in the way of facts today. The Moon's eclipse of Venus in one of the more emotional areas of your chart means you won't be thinking straight, so keep your opinions to yourself.

Virgo Aug. 24 - Sept. 23
Someone you meet on your travels could have an unexpected effect on your emotions. Be careful how you behave — what seems like a fling to you may be taken seriously by them.

Libra Sept. 24 - Oct. 23
Money and status may be important to you but no matter how successful you are the most important things in life are your relationships. You are rich in love and that's what counts.

Scorpio Oct. 24 - Nov. 22
Don't let anything stop you from having fun. Others may say you're being irresponsible but the more you let your hair down now the more work you will get done later.

Sagittarius Nov. 23 - Dec. 21
It may seem as if the most interesting events are taking place elsewhere but is that true or is it just that you fear being left out? Don't worry. You will find the balance between getting work done and having fun.

Capricorn Dec. 22 - Jan. 20
You can afford to be generous as the new week begins, especially when dealing with people who have not been as fortunate as you. Remember to try not to judge others too harshly.

Aquarius Jan. 21 - Feb. 19
If someone tries to abuse their authority today you must not let them get away with it. Find ways to let them see that they have let themselves down. Shame is a powerful weapon.

Pisces Feb. 20 - March 20
Strike out in a new direction. Don't think about it or you will come up with a thousand reasons for not moving forward. Just act and deal with the consequences later.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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FRIDAY'S ANSWERS

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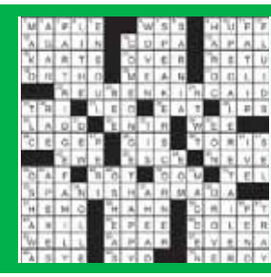
for more fun and games go to metronews.ca/games



5	4	6	3	7	1	9	8	2
7	1	3	2	8	9	4	6	5
8	9	2	4	5	6	7	3	1
9	6	7	5	3	2	8	1	4
3	8	1	9	6	4	2	5	7
2	5	4	7	1	8	6	9	3
4	7	5	8	9	3	1	2	6
1	2	8	6	4	5	3	7	9
6	3	9	1	2	7	5	4	8

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THIS WEEK'S PRIZE DESTINATION IS RIVIERA MAYA, MEXICO

The winner will enjoy a 7-night all-inclusive package for two adults at the Grand Palladium White Sand Resort & Spa in Riviera Maya, Mexico.

GRAND PALLADIUM
WHITE SAND RESORT & SPA
★ ★ ★ ★ ★

TORONTO STAR TOUCH

transat

No purchase necessary. Skill testing question required. Limit of one (1) entry per person per day. Contest open to residents of the Province of Ontario 18 years of age or older. Six (6) prizes, one (1) per weekly Entry Period, are available to be won, each consisting of a seven (7) night package holiday including airfare from Toronto and hotel accommodation for two (2) adults, as follows: two (2) holidays to Lucea, Jamaica; two (2) holidays to Riviera Maya, Mexico; and two (2) holidays to Punta Cana, Dominican Republic (ARV of $4,000 CDN per prize package). Odds of winning depend on the number of eligible entries received in the applicable weekly Entry Period. Each entry will only be eligible for the draw and prize corresponding to the weekly Entry Period in which such entry was received. Contest Period opens at 9:00 am ET on November 6, 2015 and closes at 9:00 am ET on December 18, 2015. For instructions to enter and complete contest rules, visit www.wonderlist.ca.